

# **Diabetes mellitus with HIV infection among newly diagnosed tuberculosis patients at public district hospitals in, Dar es salaam Tanzania.**

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## **ABSTRACT**

### **BACKGROUND**

Diabetes mellitus and HIV co-morbid have strong impacts towards the control and management of Tuberculosis. While the burden of Diabetes Mellitus is increasing in many countries, Tanzania inclusive where TB and HIV remain a major challenge and threat to TB control efforts. Therefore, it is important to in cooperate screening and diagnosis of DM along with HIV among newly diagnosed TB patients on a routine basis to achieve proper TB management and prevention of the complications, hence effective treatment outcome.

### **OBJECTIVE**

To determine the distribution of diabetes mellitus and HIV among newly diagnosed tuberculosis patients attending tuberculosis clinics in Dar es Salaam public district hospitals.

### **METHODOLOGY**

Hospital cross based sectional study, conducted in four district hospitals at TB clinics in Dar es Salaam, from 17th March-15th May 2023. Screening of random blood glucose was done among all study participants. Also, HIV status was recorded from the participants'files.

### **RESULTS**

A total of 150 study participants was conducted, 56 (37.3%) were female 94 (62.7%)male with mean ages of  $40.57 \pm 14.52$  years, were studied. The overall prevalence ofDiabetes Mellitus among newly diagnosed tuberculosis patients in both pulmonary andextra-pulmonary tuberculosis was 13 (8.7%), also the prevalence of HIV/DM amongnew TB cases were 3 (23.1%) prevalence of HIV parse without DM in these new TB cases were 34(25%).

## **CONCLUSION**

The findings from this study suggest that the proportional Diabetes Mellitus was slightly lower compared to the proportional of HIV among newly diagnosed patients. In addition, patients with both Diabetes Mellitus and HIV were almost similar to the patients with HIV and TB.